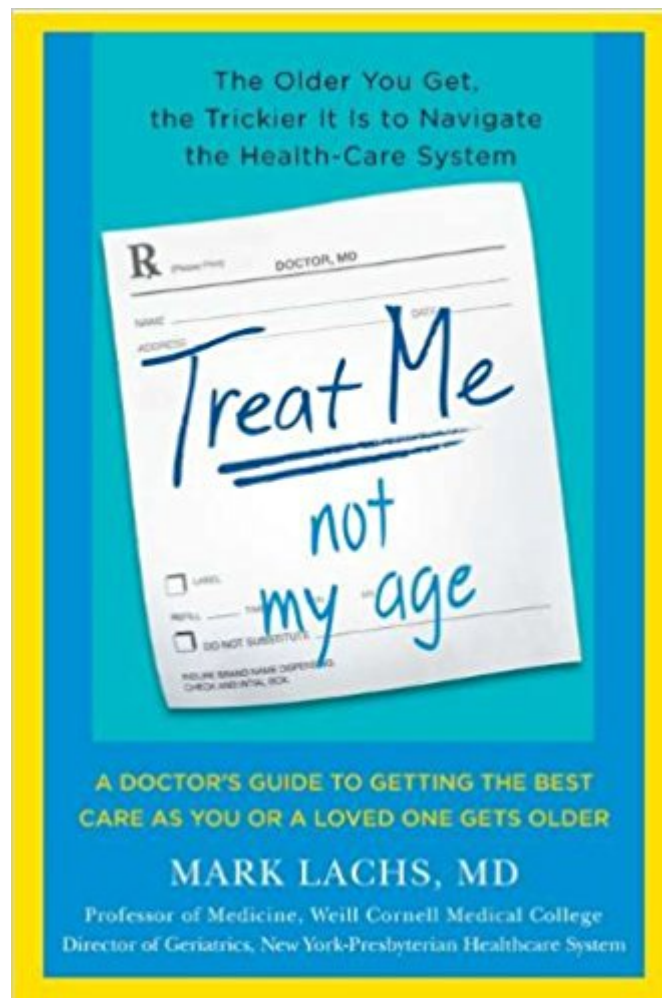




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# Treat Me, Not My Age: A Doctor's Guide To Getting The Best Care As You Or A Loved One Gets Older



## Synopsis

A must-have manual for anyone 40+ to take control of their health in a broken health-care system. Too often our culture defines the aging process negatively, instead of embracing it as a natural part of life. Nowhere is this problem more pronounced than in our health-care system, where "ageist" medicine often serves to worsen our medical issues instead of helping us figure out how to address or avoid them. Whether we're forty or eighty, what we need is an insider's guide to staying healthy despite the system. Renowned geriatrician Mark Lachs takes readers on a grand tour of adult medicine, showing how we can navigate a complex and confusing system to make the best choices for ourselves and our loved ones. With gentle humor and great wisdom, Lachs explains how being proactive and making smart decisions can lay the groundwork for a satisfying, active lifestyle that lasts well into later life. You'll find out:

- \*How to identify the right primary care doctor, specialist, or care facility
- \*Why the hospital is no place for sick people
- \*How to make home improvements that will keep the nursing home at bay
- \*Why small life changes in your forties can lead to an extra decade of good health later on
- \*What to think about when planning financially for your future health

## Book Information

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## Customer Reviews

I'm a geriatrician who read this book to see how Dr. Lachs addressed the issues that my patients and their loved ones face daily. This is a masterful book. In it, Dr. Lachs provides superb advice not only about how to prevent the physical, mental, emotional, and financial challenges of getting older, but thoughtful and concrete steps for how to cope with these challenges when they arise. This is a book that is both optimistic and realistic, letting readers know what they can do for themselves or

loved ones while acknowledging the truth that that getting old is hard, and that there are no quick fixes. The book works well as a cover-to-cover read and a reference book to pull from the bookshelf for guidance about how to manage a specific type of problem. It is essential reading for people who are getting old and for the people who love and care for them. I highly recommend it.

I originally read this book hoping that it would give me some direction on how to handle my aging parents. But in addition to giving me really helpful information for them, it also provided me with things that I should be doing for myself (in my 40s), so I can stay healthier as I age. This is great information that unfortunately my doctors never bring up or discuss. It's a must read for yourself and to help with older parents.

Treat Me Not My Age is outstanding and is the rare book that everyone in the US would benefit from reading. All of us are aging and most of us are or will be taking care of elderly family members, friends and neighbors. Dr. Lachs, a prominent geriatrician, provides us with a readable, practical and humorous look at aging and the complexities and problems of how to keep healthy and get better health care. His answers to such critical questions as how to choose physicians, navigate the health care system are extremely useful. His most important piece of advice, however, is that every one of us has to take charge of our own health and health care; fortunately his book tells us how to do it.

This is a book that should be in the home of people of all ages. Whether you have aging parents or grandparents, or are in your golden years you need this book. Here is a true narrative written so that you can easily understand and navigate our very complicated health care delivery system. The time to read it is when you are not stressed and trying to negotiate care. This is what you need to be prepared. Even if you think you understand the system, trust me - you don't. I am in the health-care field, have a 95 year old aunt, and have learned a tremendous amount from this book. Stephanie Lederman

This is an invaluable book for baby boomers and their parents. Dr. Lachs clearly understands how aging is viewed by society and the medical system. Reading this book is like getting an insider's view of the medical field of geriatrics. He offers practical, common sense, and highly beneficial advice--with a sense of humor--on dealing with an unavoidable subject for everyone. I highly recommend this book. It is destined to become a book "for the ages," both literally and figuratively.

Dr Lachs covers an enormous amount of important ground here about the aging process and the medical system and he does so with a writing style that is both charming and witty. I especially loved the stories he told throughout the book-he actually made the book enjoyable to read! I will definitely buy my aging parents a copy as I know they too will learn a lot from his incredible knowledge and experience. Great job Dr Lachs!

Treat me, Not My Age... is full of important information for both the prospective older patient and for their busy children. As someone who wants to do the right thing for my own parents while also addressing the complexity of raising my kids, it is essential to have this resource guide. This guide navigates the reader through the maze of issues, litany of concerns and intricacies of a complex and ever changing geriatric care world. Dr. Lachs talks in real words about real issues and does so in a way that creates calm, understanding and strategy that makes it all seem manageable. It is a book to keep by your side.

I thought I had a pretty good fix on how to get good medical care for aging friends and relatives, but this book had tips that I never thought of. This book is very readable and ought to be assigned reading for anyone with responsibility for an older person who has to be hospitalized. Actually, if you read it, you may avoid the hospitalization, which is even better.

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